1: Childs M-S (1924-1940) 1949 FP13 Mbundu FP1.

164 177 was prior to this, for it was mentioned by Magyar.[1] Among the imported diseases are grippe, pneumonia, tuberculosis, and other complaints of the lungs and bronchia; the venereal diseases (especially syphilis); several so-called 'children's diseases' such as measles, scarlet fever, mumps, &c.[2] Typhoid fever is only beginning to appear, although it has long been known at the coast, at Malange (to the north), &c.[3] Diseases of other regions, as tropical ulcers, sleeping sickness, &c., are found only in patients coming from regions affected with those ills.

146 177 In comparison with the diet of other non-cattle-keeping tribes of West and Central Africa, the diet of the Ovimbundu is fairly satisfactory. Certain it is that the articles imported by the Portuguese from America and elsewhere have done much to enrich the diet of this people. Only the mention of maize,[4] their staple and mainstay, makes this evident. Their early and close contact with the Portuguese gave them the advantage of many plants[5] brought by those rural-minded conquistadores,[6] which found their way inland only much later. (Mrs.) Alice K. Strangway has made an interesting study of Umbundu diet and has come to the conclusion that its principal deficiencies are fats and calcium. The Ovimbundu need to learn to make better use of the resources which are already theirs or at their command, as, for example, peanuts and soy-beans. Other improvements such as a more general use of milk and other animal foods can only come with education and an improved economic situation.

164 Magyar's account (1849–57) of the Ovimbundu gives the impression of a people in better health, suffering from fewer ills, and

[1] L. Magyar, op. cit., p. 290.

[2] There are Umbundu names for all the foregoing, with several names or euphemisms for some, except for the lung and bronchial complaints which are spoken of simply as *vomalo* (in the chest), and scarlet fever which is called *oselombu* (from the Portuguese *sarampo*).

[3] In 1936 there was an epidemic of typhoid at Bela Vista among Europeans and natives. Infection was traced to Catumbela (at the coast).

[4] Maize has a true Umbundu name, *epungu*, as is the case with most of the early importations which the Ovimbundu adopted, save tomatoes (*amatia*).

[5] There is a good discussion of the American plants introduced into Africa in Ficalho, *Plantas uteis da Africa Portugueza*, pp. 32 ff. In *Benguella e seu sertão*, 1617–22, p. 17, the anonymous writer states that 'all kinds of vegetables of our Portugal do very well . . . such as: large corn (i.e. *mayz*), beans of various kinds, pumpkins . . . and melons'.

[6] Cá da Mosto tells of trying to grow wheat in Senegal (João de Barros, quoted by Ficalho, op. cit., p. 29 f.).